

## **POWER TOWER SAFETY, CARE, and STORAGE**

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Before use, please review all safety instructions and warnings in this entire Owner's Manual, as well as any safety/warning labels affixed to the product.

**Please read this manual carefully before assembling your Power Tower or starting to exercise.**

Before you undertake any exercise program, be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor. Proper use of this product is essential. Excessive or incorrect training may result to health injuries.

**Power Tower is designed for users weighing 250 lbs. or less.**

### **Safety:**

1. Please keep all children away from this unit when in use. Do not allow children to climb or play on this unit when not in use.
2. An adult(s) should supervise teenagers while they use this unit.
3. For your own safety, always ensure there is at least 3 feet of free space in all directions around your product while you are exercising.
4. Before use, always ensure your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping.
5. Always wear appropriate clothing and footwear such as training shoes when exercising.
6. Do not wear loose clothing that could become caught or snagged while exercising.
7. Extreme care must be taken to not allow your feet, fingers, hair, clothing, and/or any loose items to be snagged into any portion of the unit when in use.
8. Do not use this unit if it is not functioning properly or if it is not fully assembled.
9. Make sure all nuts, bolts, and screws are tightened prior to use.
10. Check for loose parts and components and make proper adjustments prior to use.
11. Check to see if there are any cracks or bends in the welding or metal prior to use. If cracks or bends are found, do NOT use the unit and contact our customer service department.
12. Do not use this unit for commercial purposes. This unit is for home use only.
13. It is the owner's responsibility to properly instruct users on the proper operation of this equipment and to warn them of potential hazards.
14. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.

## **POWER TOWER SAFETY, CARE, and STORAGE** CONTINUED..

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### **Care and Maintenance:**

To avoid rust or corrosion to the metal parts caused by moisture and sweat, wipe and dry the unit with a dry absorbent towel after each workout session. Clean only with a damp cloth and immediately wipe down with a dry absorbent cloth afterwards. Do not use solvent cleaners. If you are in any doubt, do not use your cleaning product – contact our Customer Service.

The Back Rest and Arm Pads may see signs of wear after prolonged use. Please check these parts before each use.

### **Storage:**

Your Power Tower is intended for use in clean, dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems.

### **Customer Service:**

Phone hours: 8:00-4:30 Pacific Time, Monday-Friday.

(213) 744-1555

Email: [team@retrospec.com](mailto:team@retrospec.com)

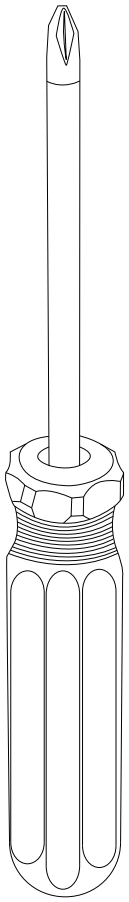
**PLEASE KEEP THESE INSTRUCTIONS FOR FUTURE USE & REFERENCE. DO NOT DISCARD.**

## ASSEMBLY INSTRUCTIONS

POWER TOWER FOR FUNCTIONAL FITNESS

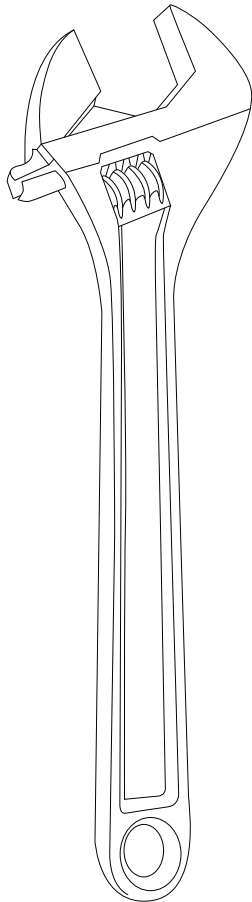
**WARNING:** Serious injuries and even death can occur if the proper safety precautions are not followed.

### TOOLS NEEDED (Not Included)



x1

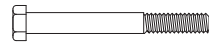
Phillips "Crosshead"  
Screwdriver



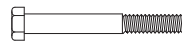
x2

Adjustable Wrench  
OR 14mm Box-End Wrench  
or Socket (Recommended)

### HARDWARE



x14  
70 mm Hex Bolt



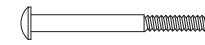
x4  
65 mm Hex Bolt



x2  
35 mm Hex Bolt



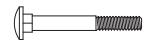
x2  
25 mm Hex Bolt



x4  
65 mm Screw



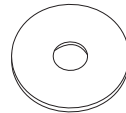
x2  
20 mm Screw



x8  
Carriage Bolt



x2  
Flat Washer



x12  
Large Curved Washer



x4  
Curved Washer

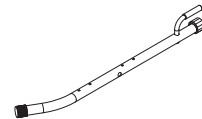


x4  
Curved Washer



x24  
Nylon Nut

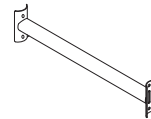
### PARTS



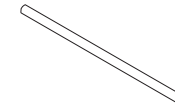
x2  
Stabilizer Base



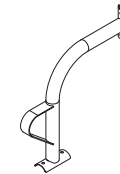
x2  
Upright Base



x1  
Bottom Crossbar



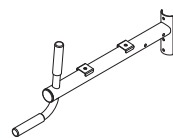
x1  
Support Crossbar



x2  
Support



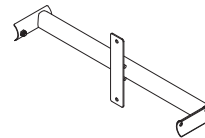
x2  
Upright



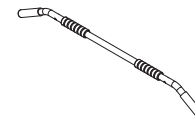
x2  
Dip Arms



x2  
Support Plate



x1  
Top Crossbar



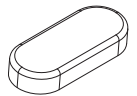
x1  
Pull-Up Bar



x2  
End Cap



x1  
Back Rest



x2  
Arm Pad

# BEFORE YOU BEGIN

This Power Tower comes with Stabilizer Rear End Leveling Caps on the Stabilizer Bases. These are for leveling your Power Tower. Directions on how to adjust these can be found at the end of the instructions.

## 1 Hardware Required

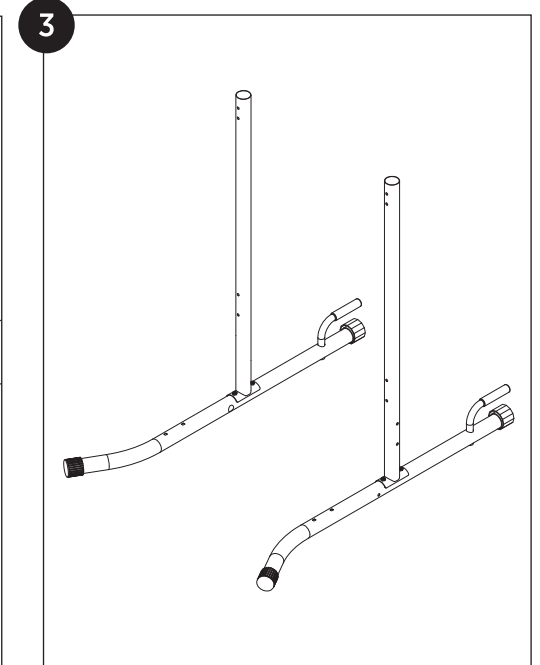
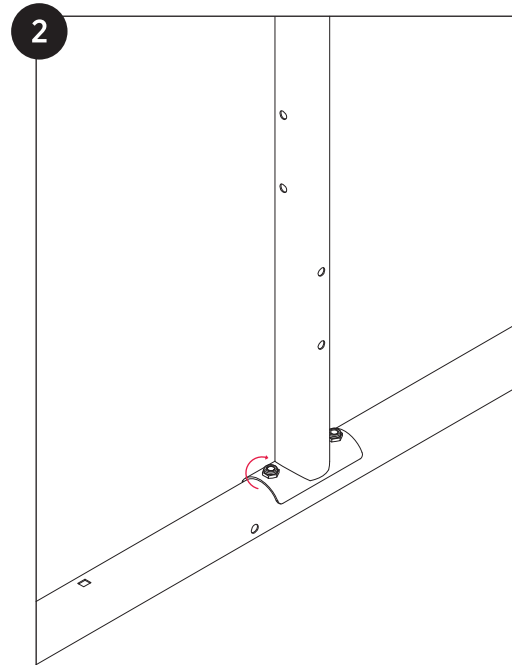
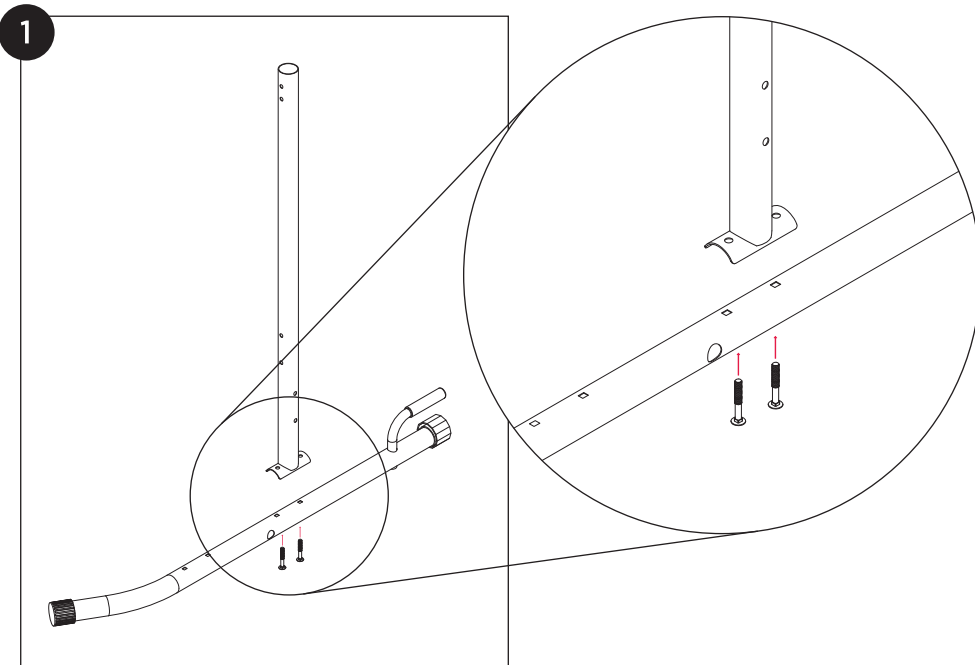


Carriage Bolts (x4)

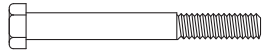


Nylon Nuts (x4)

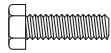
Attach one Upright Base to one of the Stabilizer Bases. To attach, secure two carriage bolts from underneath the Stabilizer Bases (**See #1**). When the carriage bolts are secured, take two nylon nuts and twist them onto the end of the carriage bolts using a wrench until completely tightened (**See #2**). Repeat with other Stabilizer Base (**See #3**).



## 2 Hardware Required



70mm Hex Bolts (x4)



25mm Hex Bolts (x4)



Large Curved Washers (x4)



Curved Washers (x4)



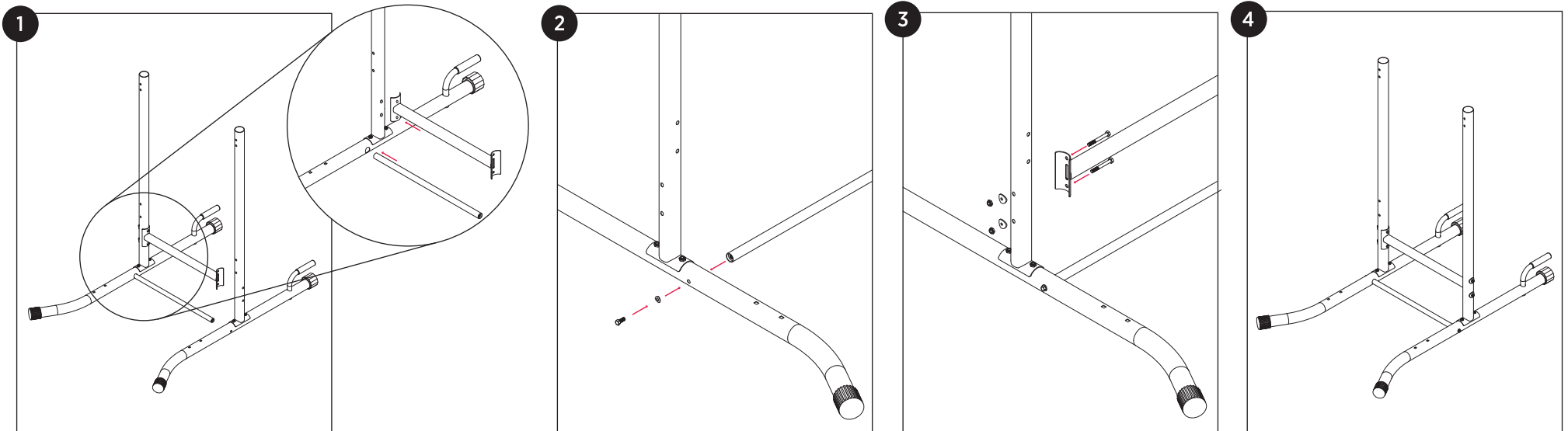
Nylon Nuts (x4)

**Note - Notice that on the Stabilizer Bases there is an “R” and “L” indicating right and left sides. Check diagram for correct position before completing this step.**

Take the Support Crossbar and place one side into the hole on the Stabilizer Base (**See #1**). To secure Support Crossbar, insert a 25mm hex bolt through a curved washer and then through the hole in the Stabilizer Base and secure by tightening with a wrench (**See #2**).

After securing one side of the Support Crossbar, thread a 70mm hex bolt through the hole on the Bottom Crossbar piece and the hole on the Upright Base. Once it is threaded through, place a washer and a nylon nut on the end of the bolt then tighten with a wrench (**See #3**).

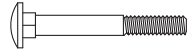
Repeat with the other side until both Support Crossbar and Bottom Crossbar pieces are secure (**See #4**).



### 3 Hardware Required



70mm Hex Bolts (x4)



Carriage Bolts (x4)



Large Curved Washers (x4)



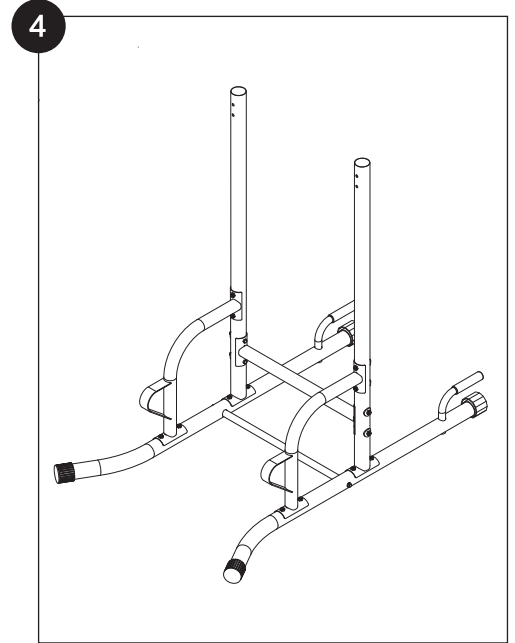
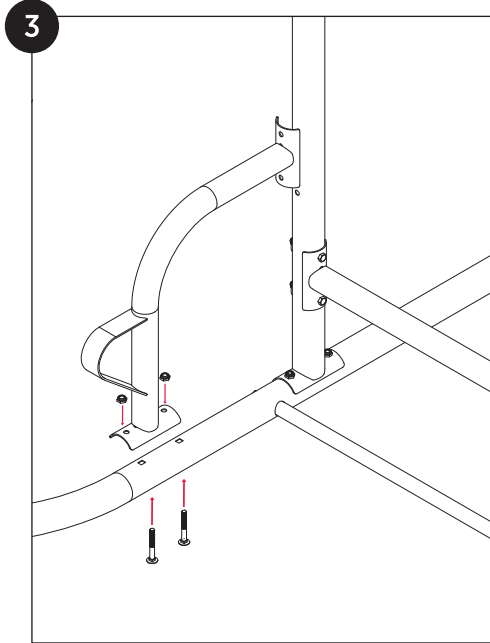
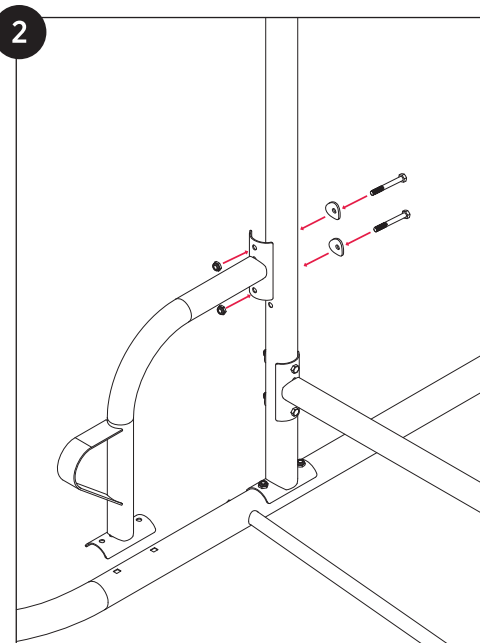
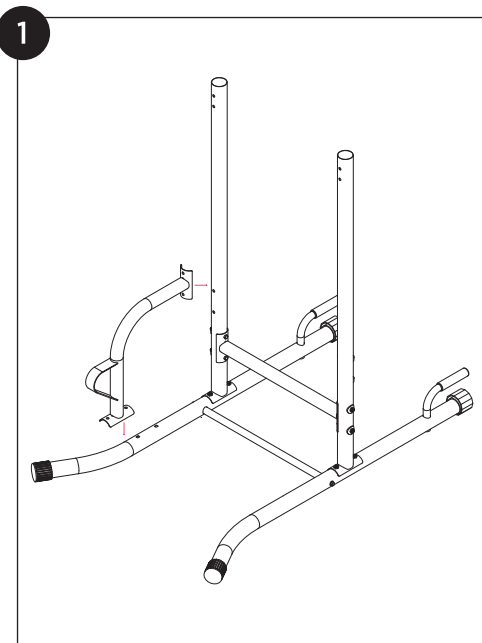
Nylon Nuts (x8)

**Note - Make sure Stabilizer Base is in correct orientation before continuing (See #1).**

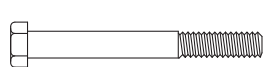
Take the Support piece and line it up to the holes on the Stabilizer Base and Upright Base. Start securing by threading two carriage bolts through two large curved washers and then through the holes in the Upright Base and Support piece (**See #2**). Once threaded through, use a wrench to twist the nylon nut onto the end of the carriage bolts.

Next, thread a 70mm hex bolt through the hole found underneath the Stabilizer Base (**See #3**). Once threaded through both the Stabilizer Base and the Support Piece, use a wrench to secure a nylon nut onto the end of the hex bolt.

Repeat for other side. (**See #4**)



## 4 Hardware Required



70mm Hex Bolts (x6)



Nylon Nuts (x6)

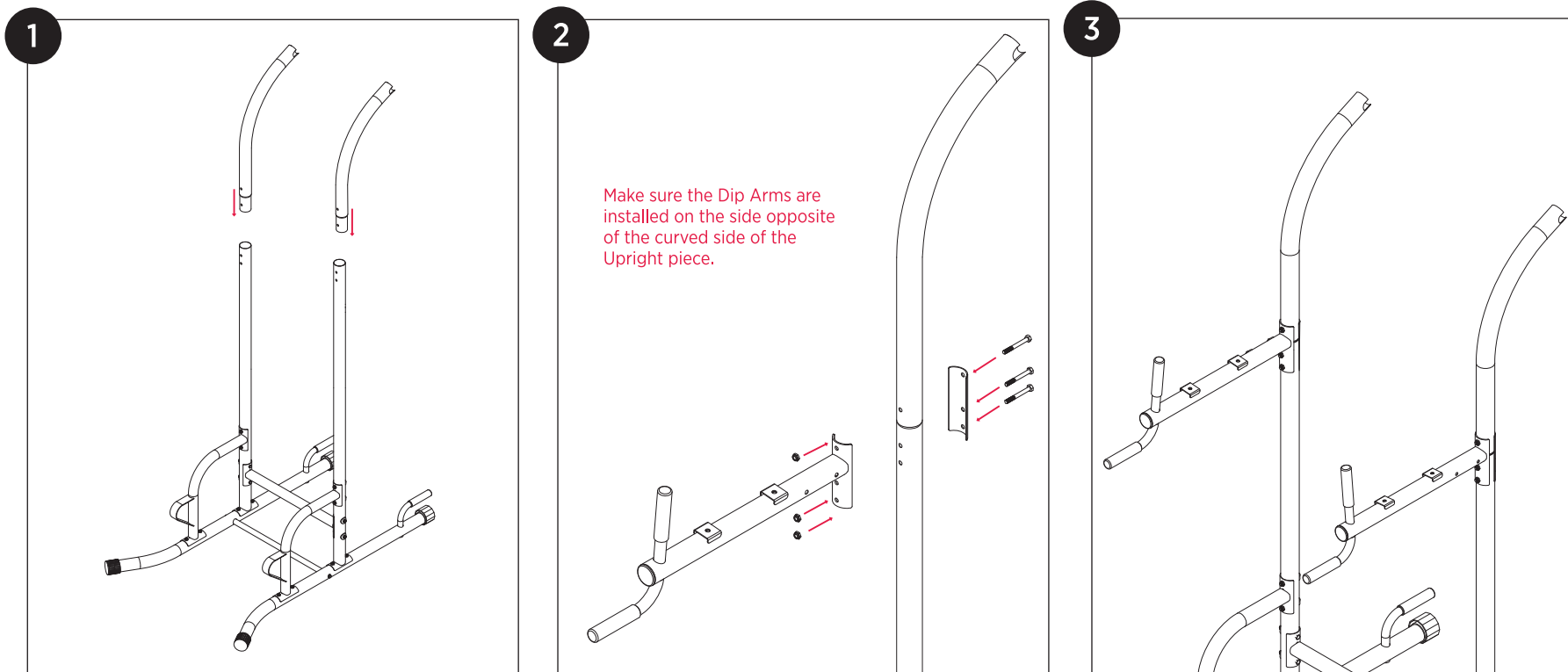
Insert the Upright piece into the Upright Base (See #1).

**Note - Before securing, make sure the Upright piece is orientated in the right direction. Check diagram #1 below for correct positioning.**

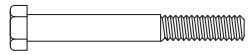
**Note - Before securing, make sure the Dip Arms are orientated in the right direction. Check diagram #3 below for correct positioning.**

On the side opposite of the Support piece, take the Support Plate and thread three 70mm hex bolts through the holes in the Support Plate, the Upright Piece and the Dip Arm piece (See #2). Once threaded through all three pieces, Use a wrench to tighten a nylon nut onto each of the three ends of the hex bolts.

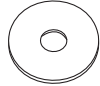
Once secured, repeat with other Dip Arm (See #3).



## 5 Hardware Required



65mm Hex Bolts (x4)



Large Curved Washers (x4)

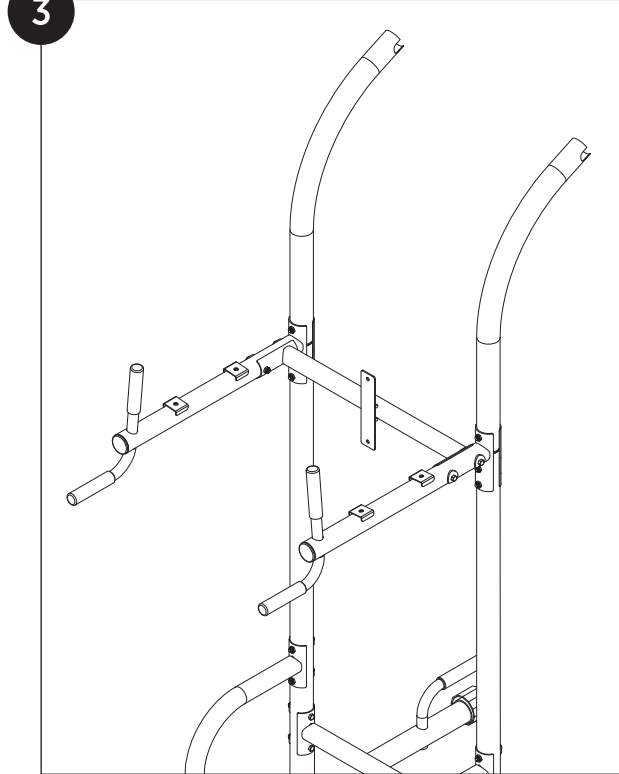
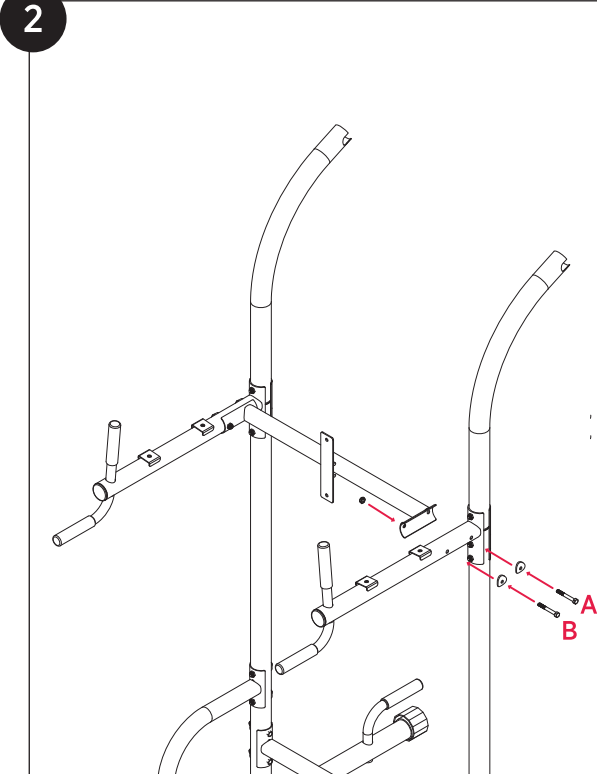
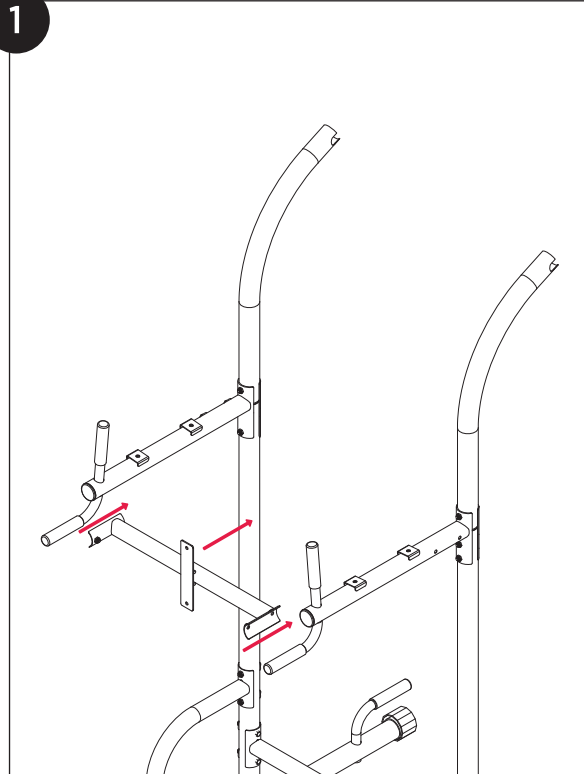


Nylon Nuts (x2)

Slide the Top Crossbar between the two Dip Arms (**See #1**).

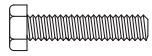
Insert two 65mm hex bolts through two large curved washers. Screw one of the hex bolts through the Dip Arm and secure it directly into the Top Cross Bar (**See #2, A**). Thread the other hex bolt through the Dip Arm and Top Cross Bar, then use a wrench to tighten a nylon nut onto the end of the hex bolt (**See #2, B**).

Repeat on other side (**See #3**).





## 6 Hardware Required

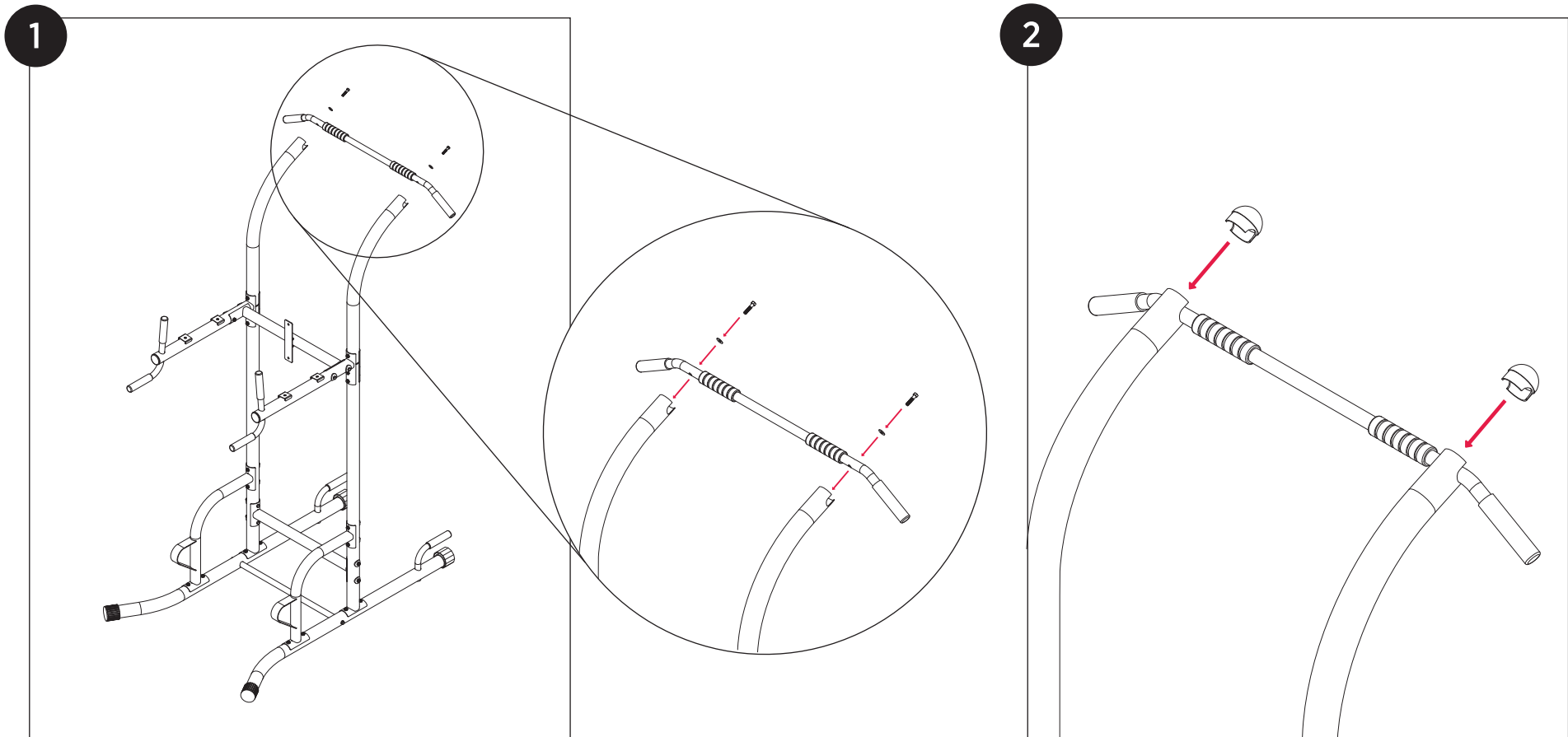


35mm Hex Bolts (x2)    Curved Washers (x2)

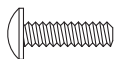
Attach the Pull-Up Bar to the two Uprights by inserting two hex bolts through two curved washers and the Pull-Up Bar. Secure using a wrench (**See #1**).

**Note - Please make sure the two indentations on the pull-up bar are facing towards the Uprights.**

After the hex bolts and washers are secured, slide the two End Caps on top of the assembly (**See #2**).



## 7 Hardware Required



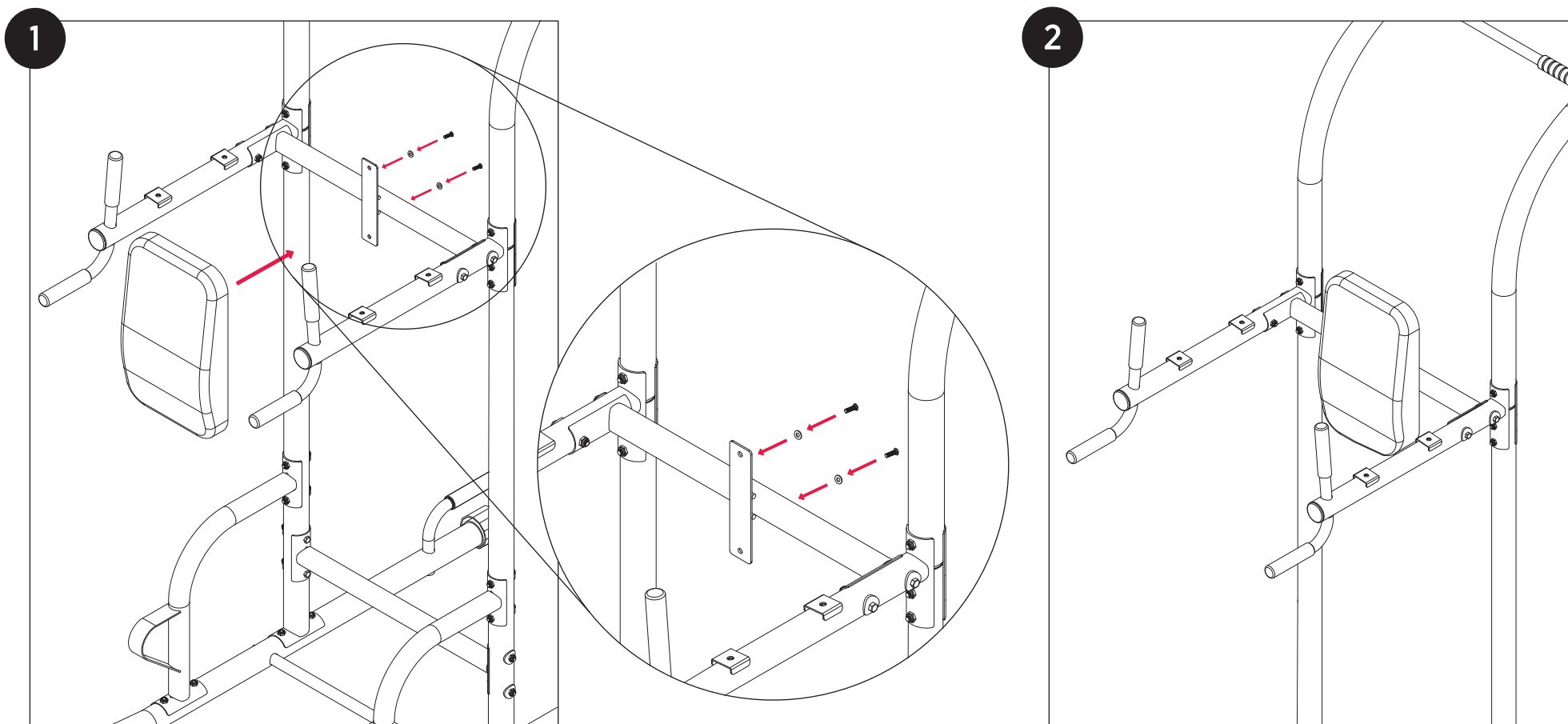
20mm Screws (x2)



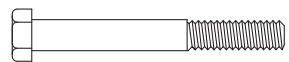
Flat Washers (x2)

Attach the Back Rest to the Top Crossbar by inserting two 20mm screws through two flat washers, and into the Top Crossbar and Back Rest (**See #1**). Use Phillips screwdriver to secure.

**Note - DO NOT over tighten the screws, as this might strip the thread or crack the wood in the Back Rest**



## 8 Hardware Required

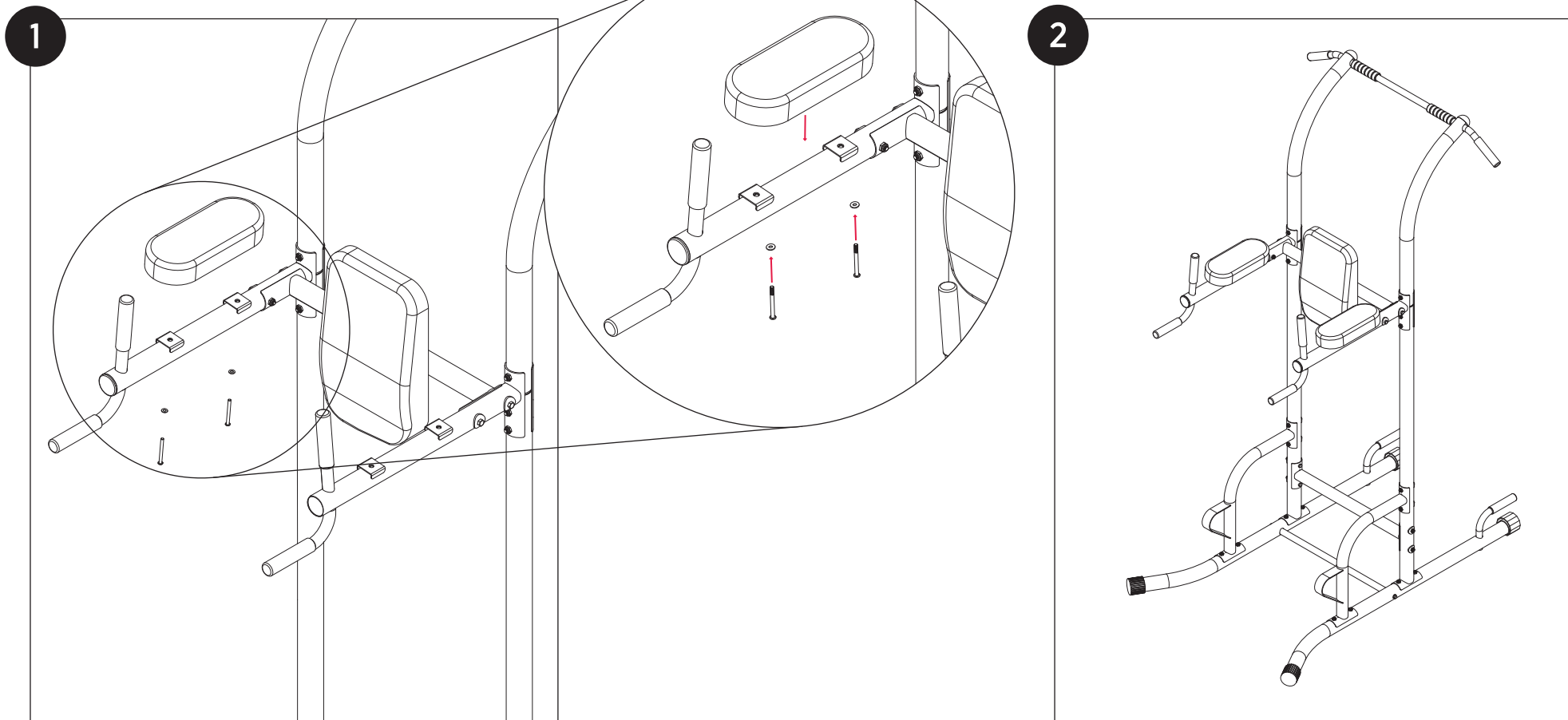


65mm Screws (x4)



Curved Washers (x4)

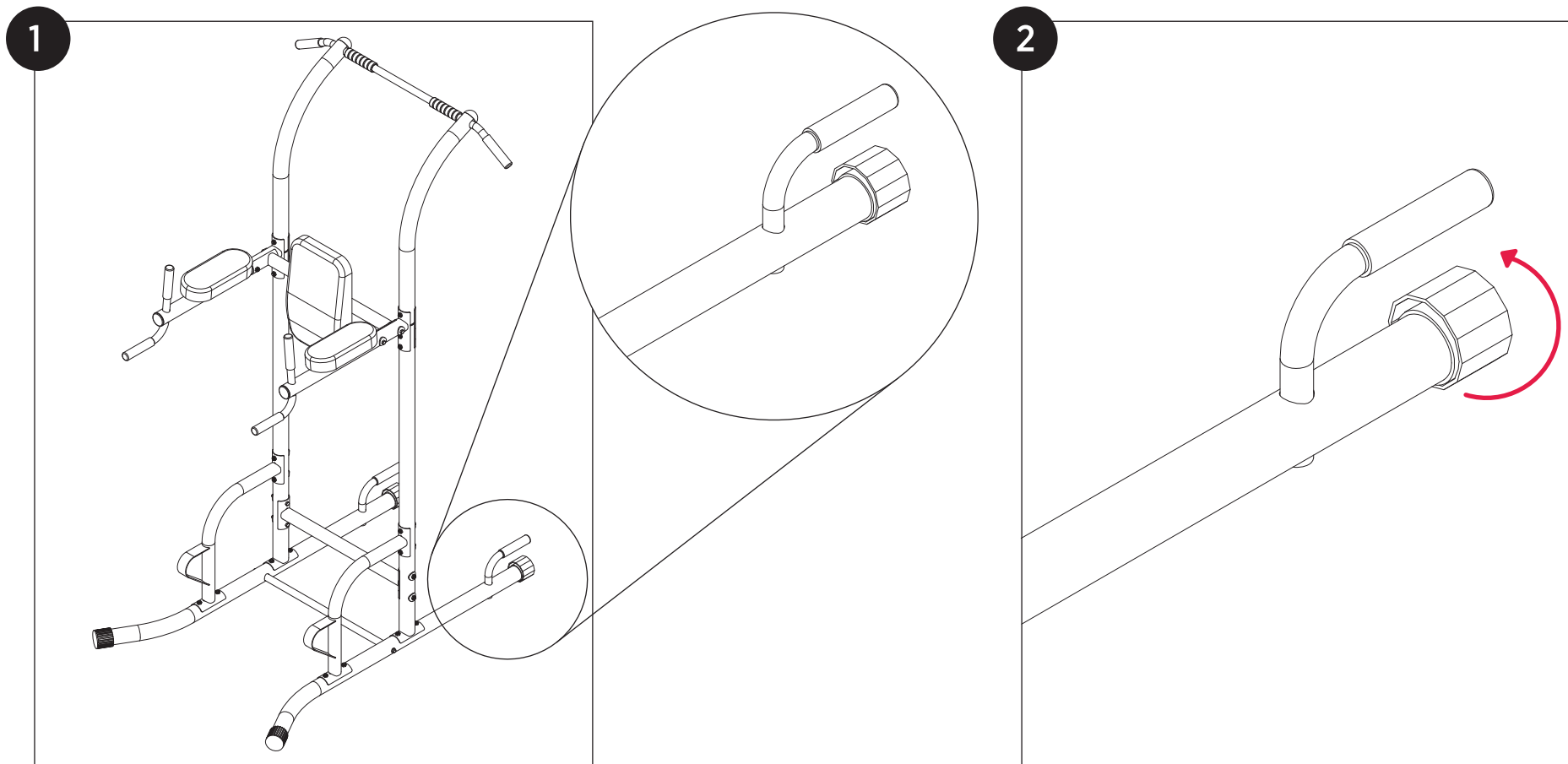
Insert two 65 mm screws into two curved washers, then through the bottom of one of the Dip Arms. Once Inserted, use a Phillips screwdriver to tighten the screw (See #1).  
**Note - DO NOT over tighten the screws, as this might strip the thread or crack the wood in the Arm Pads.**



## 9 Optional

In order to level your Power Tower. Locate the two Stabilizer End Caps on the ends of the Stabilizer Bases (**See #1**).

Once located, twist the Stabilizer End Caps until Power Tower is leveled (**See #2**).



## LIMITED WARRANTY

### POWER TOWER FOR FUNCTIONAL FITNESS

**WARNING:** Serious injuries and even death can occur if the proper safety precautions are not followed.

Retrospec grants the original purchaser of a new Retrospec Power Tower a warranty of 1 year for the frame and 90 days on all parts if the item is used for the intended purpose, properly maintained and not used commercially, and subject to the limitations, terms and conditions stipulated below. Incorrect assembly or any modifications of the product will void this warranty.

**During the warranty period, Retrospec reserves the right to:**

- A)** provide replacement parts to the purchaser in an effort to repair the item.
- B)** repair the product returned to our warehouse (at the purchaser's cost).
- C)** replace the product if neither of the two previously mentioned actions effect repair. If, at the time of replacement, Retrospec does not have available the same product, the consumer may be offered a substitute product of equal or better value.

**This warranty does not cover normal wear and tear on the upholstery.**

**TERMS & CONDITIONS:**

The product is warranted against defects in the materials and workmanship for the terms outlined above.

This warranty applies to the original retail purchaser and is non-transferable.

When contacting us for a warranty issue an original proof of purchase is required clearly identifying the product.

The product must be returned to Retrospec for inspection along with copies of the original proof of purchase. The owner of the product is responsible for shipping costs.

Should Retrospec determine that the product or any of its components are covered by this warranty, Retrospec's determination of the product's eligibility for warranty repair or replacement is final and binding.

**ITEMS NOT COVERED BY THE LIMITED WARRANTY:**

Damage due to improper assembly

Normal wear and tear

Damage due to lack of maintenance

Damage due to installation of non-original parts, components, or accessories

Damage or failure due to improper use, accidents, neglect, or failure to follow the instructions provided with the product.

This warranty is expressly in lieu of all other warranties. Any implied warranties of merchantability or fitness for a particular purpose created hereby are limited to the same duration as the express warranty herein. This warranty is void in its entirety if the product is modified in any manner. All provisions in this limited warranty are separate and severable. If any provision is held invalid and unenforceable, such determination shall not affect the validity or enforceability of the other provisions hereof. Except to the extent specifically prohibited by law, Retrospec shall in no way be responsible for direct, incidental or consequential damages, including, without limitation, damages for personal injury, property damage, or economic losses whether based on contract, warranty, negligence, product liability, or any other theory.